

Acorn Newsletter May 2008



Sherwood Cycling Club

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New members to welcome this month are Pete Fostun and Chris Edwardson (father and uncle, respectively, of Matt and Paul)

Pete has offered to give reduced rates to Sherwood members at his garage. He is willing to collect and deliver vehicles within the local area, free of charge. Servicing, repairs and MOTs on all makes of cars is available. P&P Motor Services, Unit 2, Newcastle Street, Bulwell, Nottingham NG6 8AW, tel: 0115 9278006

RACING NEWS

In road racing, Matt Fostun rode well in the Echelon 2-day against good opposition doing a very good time trial but then fading on the last long road stage. He then took 4th in the Royal Sutton event and a fifth at Darley Moor. Things then went bad at the East Mids Cicle Classic with a big pile up after just 5 miles breaking his new frame in half. In events for under 16s, brother Paul has won an event at Mallory placed second in two races at Victoria Park, Leamington.

Young Scott Hookway rode some events at Lichfield for under 10s and finished 7th in a time trial and then 5th and 7th in circuit races. A great performance considering he is riding against older riders. At the other end of the age scale (!) Ian Church, Darren Hodgkinson and Pete Walton recently rode the LVRC event at Leeds and all finished in the main bunch after some hard racing.

In time trialling Matt Shaw is showing good form doing 22:10 in the VTTA 10 where Gisli Jenkins did 23:35. Steve Adams showed his all round ability with 21:48. Dave Woodward rode a VTTA 25 on 19 April in tough conditions on a hard course in 1:5:36 improving a week later in the VTTA 25 at Etwall to 58:47 where Matt did a pb 55:12, Craig 59:39 and Martin 1:2:32.

Last month I reported about how well second claim member was doing racing in Nice. Unfortunately, he crashed at the end of March, broke his collarbone and returned home to Cambridge. He is back on his bike and rode an evening ten last week in 22:35 finishing second behind Michael Hutchinson. So he does seem to be recovering well!

CLUB NIGHTS

Meeting at the Arnold & District Victory Club, Church Drive East, Arnold from 7.30 p.m. Click this link <http://tinyurl.com/ykzvku> for a map. The next club nights are on Mondays 19 May and 30 June. Come and joins us – the beer is good value!

CLUB RUNS

Saturday Club Runs leave Lowdham at 9.45 a.m.

Sunday runs meet Shearing Hill/Burton Rd junction at **9.00 a.m.** leaving 9.10 a.m

Wednesday runs meet at Lowdham 9.15 a.m. prompt.

Unfortunately, I haven't been able to do the club runs recently but Pat Gutteridge has been leading the Sunday runs in my absence.

CLUB RACING

The last Circuit TT is on Sunday 11 May starting at 9.00 a.m. at the lay-by north of Oxton Island (where the evening tens start). It is two laps of A6097 to Northgate Island, left on A614, straight across the Longdale Lane Island to the B6386. Left down to Oxton Island and left on A6097 to complete the circuit.

As an option you can ride a private trial of just one 10-mile circuit (beginners, the less fit or less ambitious!) but you must make this clear to the timekeeper at the start. View the course on <http://www.bikely.com/maps/bike-path/Sherwood-CC-Club-20-mile-Circuit-Time-Trial>

The first two 25-mile time trials are on Sundays 25 May and 1 June. The start is in Barnstone Village at 9.00 a.m. The course is left after 1 mile Granby Lane, A52 Bingham by-pass, left Langar, Harby, left to A52 Bottesford by-pass, left Elton, Whatton by-pass and left up Granby lane to finish before Granby.

<http://www.bikely.com/maps/bike-path/A25-2-Granby-25-mile-time-trial-course>

Remember to bring a completed CTT Entry Form to each event so that you can get a handicap allowance. The entry fee is £2.00 (under 16, 50p). To save paying every time you can prepay with a season ticket for £25 (under 16, £5) and this covers all Club TTs including Evening Tens.

Tuesday Evening Tens start at lay-by on A6097 about 0.6 miles north of Oxton Island at the new time of 7 pm. We revert to 6.45 pm for the last 2 events (12 & 19 August). View course on <http://www.bikely.com/maps/bike-path/Sherwood-CC-Club-10-mile-course>

OXTON BANK CIRCUIT TIME TRIAL SUNDAY 13 APRIL 2008

It was a cold, cloudy and still morning for this year's Oxton Bank TT.

Gisli won on his new machine, despite his chain coming off, Daz came in 2nd spot 20 seconds down, who also suffered with his rear wheel rubbing on the chain stays and had to stop to sort it all out, Mike Hankin came 3rd and seems to be really improving since his hip replacement during the winter (not sure whether it is Campag or Shimano).

Name	Time	H/C	H/C Time	Acorn Points
Gisli Jenkins	1:08:34	--	--	4
Darren Hodgkinson	1:08:54	--	--	3
Mike Hankin	1:09:55	Scr	1:09:55	6
Craig Watson	1:12:38	2:00	1:10:38	3
Matt Hemsley	1:15:43	3:00	1:12:43	2

Timekeeper and handicapper was Wayne Bradley

THIRD CIRCUIT TIME TRIAL SUNDAY 27 APRIL 2008

For a change it was a lovely warm and calm morning.

Gisli “my wheel is rubbing” Jenkins just beat Giles by 4 seconds with Mike third.

Giles was best on handicap time.

Timekeeper and handicapper was Wayne Bradley

Name	Time	H/C	H/C Time	Acorn Points
Gisli Jenkins	49:56	--	--	4
Giles White	50:00	Scr	50:00	7
Mike Hankin	53:20	3:00	50:20	5
Anton Newell	54:21	--	--	1
Steve Walsh	57:53	7:00	50:53	2
Lesley Cliff	1:6:38	12:00	54:38	1
Hannah Mulcaster	55:44	PT		
Will Smith	56:24	PT		
Chris Shooter	58:44	PT		

RUDY PROJECT TIME TRIAL SATURDAY 5 APRIL 14.00

With a cold wind, rain, hail and just a little sun it was not a nice day with quite a lot of non-starters and punctures. Wayne Randle won the 2-lap event in 1:5:33 finishing on a flat. Matt Shaw was on a decent ride but lost time with a puncture and wheel change to do 1:15:52. In the Veteran’s one lap event our best was Giles White in 37:41 ahead of Dave Woodward’s 38:57.

Despite the weather it was a most successful event and thanks are due to Craig as organiser and all the helpers on whom these events rely.

CLUB TIME TRIAL RECORDS

Following the list of Club records last month I have a correction and an update. The 10-mile team record shown was out of date. It is actually 1:2:50 done in the VC Chesterfield 10 in 2006 and is held by Jon Hunt (20:12, Matt Shaw 21:19 and Giles White also 21:19.

Paul Fostun had actually beaten the Juvenile 10 record last year and has beaten it again this year with 25:27.

EVENING TRAINING RUNS

There training runs meeting on Wednesdays at Lowdham 6.30 p.m. have been popular (and pretty fast, I’m told). The route is being extended a bit to avoid Oxton Bank.

There is also a joint Sherwood / V.C. Nottingham Vale of Belvoir chaingang operating on Tuesday and Thursday evenings from The Sidings at Aslockton Railway Station. Meet 6.20 p.m., leave 6.30pm. There is parking at the station. All welcome.

They are using the Shelton / Sibthorpe road race circuit, which is 7.5 miles round. This means that latecomers can meet up and join in by riding clockwise round the course and if dropped you can simply take a lap out!

Other training runs are organised on an ad hoc basis. Check out the Club Forum for the latest information – the Forum was initially set up as a means of arranging training runs.

CLUB DINNER

The next Club Dinner is booked for Saturday 7 Feb. 2009 at the Ramsdale Golf Club, Calverton.

EVENING TENS LEAGUE

After the first four events of the series we have only had one evening with pleasant weather. Nevertheless, 25 members have ridden so far.

Matt Shaw is leading the Senior League having scored three wins out of three rides. Winner of the series in recent years, Nigel White, has made a late start with two second places and will no doubt offer some keen opposition.

Gisli is lying in second position and is just leading the handicap section. Once his wheels stop rubbing on his new bike we will probably see some faster times!

Paul Fostun is unopposed in the Junior section but will probably miss most of the events giving preference to racing at Mallory Park.

Note that the events are now starting at 7 p.m. but will revert to 6.45 p.m. on 12 August.

	8 Apr	15 Apr	22 Apr	29 Apr	s	h
Lesley Cliff	32:23		31:11	32:03	3	5
Neil Copland			27:16		1	0
Cameron Davis	30:19	31:56	29:49	29:50	5	4
Chris Draper	28:02		27:20	26:41	3	7
Martin Edjvet			25:55		1	0
Matt Fostun	23:49		24:00		8	1
Pete Fostun	27:43	28:23	27:53		5	5
Chris Frost			27:57		1	0
Liz Green-Davis	34:22	35:03	34:14	34:07	4	6
Ian Hales			26:40	26:34	2	1
Mike Hankin	25:10	25:10		25:12	7	6
Matt Hemsley	26:19		26:49	26:51	3	2
Darren Hodgkinson	24:54	26:01	23:15		11	7
Simon Hookway	27:00		24:24	27:10	3	7
Gisli Jenkins	24:32	24:31	24:07	24:15	14	8
John Phimister				26:46	1	0
Matt Shaw	22:48		22:34	22:30	18	2
Phil Shaw			25:49		1	0
Pete Walton			24:44		1	0
Craig Watson	26:10		25:16	25:06	3	6
Giles White			24:00	23:45	7	6
Nigel White			22:57	22:42	10	4
Dave Woodward	25:03		24:38	24:42	5	2
2 nd Claim						
Steve Adams		23:39				
JUNIORS						
Paul Fostun	25:27	25:40			12	6

CLUB CLOTHING

I now have a new batch of Club kit to supplement the existing stock.

There have been some improvements to material, seat pads and zips. I have also had to increase some of the prices. It is likely that prices will go up in the future with the fall in the Pound against the Euro.

I have kept old stock at the original prices as summarised in the table.

Contact me if you want to try or buy anything.

	Sizes	Old	New
Jersey Coolmax/BioActive s/s ¾ hidden zip	1,2,3,4,5,6,7	£28	£28
Jersey L/S Jacquard winter full zip	3,4,5,6	£36	£39
Jersey L/S Jacquard summer full zip	6	£30	
Jersey L/S BioActive summer full zip	3,4,5,6		£32
Jersey S/S Summer jacquard full zip	1,2,3,4,5,6	£26	
Jersey S/S Summer jacquard ¾ zip	5,6	£25	
Jersey no sleeves summer full zip	6	£24	
Wind Vest - light gilet	2,3,4,5,6,7,8	£29	£30
Atom Rain jacket-waterproof/breathable	2,3,4,5,6,8	£46	£46
Windtex winter jacket	3,4,5	£58	
Skin suit Short Sleeve	2,3,4,5	£45	£49
Skin suit Long Sleeves	5	£45	
Super Roubaix winter bibtights	1,2,3,4,5	£40	
Vuelta Winter bibtights with pad	3,4,5,6,7		£46
¾ Super Roubaix/Vuelta bib tights with seat pad	3,4,5,6,7	£44	£44
Bib Shorts	1,2,3,4,5,6,7	£30	£33
Lycra bib tights	3	£31	
Lycra Arm warmers	4, 5		£10
Gel Track Mitts	S, M, L	£10	